

CLAIMS

I claim:

1. A physical therapy apparatus to prevent shoulder hiking, comprising:

- A) A shoulder restraint,
- B) Said shoulder restraint connected to a connector,
- C) said connector connectable to a hip stabilizer,
- D) said connector defining a fixed distance between said shoulder restraint and said hip stabilizer.

2. The apparatus of claim 1, wherein said hip stabilizer comprises a seat.

3. The apparatus of claim 1, wherein said shoulder restraint comprises a strap.

4. The apparatus of claim 3, wherein said connector is connected to said hip stabilizer, and wherein said hip stabilizer comprises a seat.

5. The apparatus of claim 3, wherein said hip stabilizer comprises a chair.

6. A method to prevent a patient from hiking their shoulder while performing physical therapy exercises, the method comprising:

- A) determining the desired position of said patient's shoulder,

B) placing the patient's shoulder at said desired position, and

C) placing in contact with said patient's shoulder a shoulder restraint, said shoulder restraint

5 immobile relative to said shoulder,

whereby said shoulder restraint prevents said patient's shoulder from hiking beyond said desired position.

7. The method of claim 6, wherein said shoulder restraint comprises a strap.

10 8. The method of claim 7, wherein said shoulder restraint is connected to a connector, and said connector is connected to a hip stabilizer, whereby said shoulder restraint is maintained relatively immobile.

15 9. The method of claim 8, wherein said hip stabilizer comprises a seat.

10. The method of claim 8, wherein said hip stabilizer comprises a chair.